WEDNESDAY, JAN. 29, 191

## SUNDAYSCHOOL LESSON (By Rev. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody

Bible Institute of Chicago.) (Copyright, 1918, Western Newspaper Univa.)

LESSON FOR FEBRUARY 2 THE GIVING OF THE MANNA.

LESSON TEXT-Exodus 16:1-36. GOLDEN TEXT-Give us this day off daily bread.—Matthew 6:11.
ADDITIONAL MATERIAL-Deut. 8:1-PRIMARY TOPIC-God's gift of food.-JUNIOR TOPIC-Daily food in the desert. Memory Verses-Matt. 6:21, 26.
INTERMEDIATE TOPIC-Our daily dependence upon God.
SENIOR AND ADULT TOPIC-Poverty and previdence in our day

1. Murmuring against Moses and Aaron (vv. 1-3). As they journeyed from Elim into the great wilderness they became conacious of the scarcity of some of the things they had enjoyed even in Egyp-

tian slavery. Only a few days ago they were singing God's praises for their wondrous deliverance at the Red Sea (Ch. 15). New at the beginning of their privation they are murmur ing. They utterly lack spiritual perception. They were a free people on the way to their own land. What did it matter, with such a prospect, though they were a bit hungry?

This complaining showed a base ingratitude and was most dishenoring to God. Unthankfulness is a sign of heart corruption (Rom. 1:21). 2. God's answer to their murmu (1). He promised to rain bread from

the Lord." (Deut. 8:3). The manna them a vision of his glory (vv. 6-10).

This served as a warning and an encouragement. Despite their murmurings against him he invites them to come near unto him. Wonderful grace that sinful, ungrateful men should be permitted to come near to God! (3)

Flesh and brend promised (vv. 11, 12). God answered the cravings of the people by glving them qualls and manna no to eat. How gracious is our God!

11. Qualls and Manna Given (16:13-18).

At the appointed time God gave the

lieve God and rely upon him for all one tablespoon milk, one teas-Since they desired flesh be gave them flesh to eat. This is an example made from leftover corn, barriey of the patience and long-suffering of or other quick breads. God. How he caters to the whims of Cook the onion in the fat

2. In the morning God gave the until tender but not brown Dissolve the soda in the milk The Israelltes did not know what it and work into the cheese. Mix was. They exclaimed: "What is it?"
Moses told them it was the bread all other ingredients thoroughwhich the Lord had given them to eat. ly with the bread crumbs. III. The Responsibilities of the le Blend peanut butter and onion 1. They must gather a certain ration them the bread crumbs. Form with the cheese, and mix with

This was to test their faith. They into flat cakes, dust with bread must look to him for their daily bread crumbs or cornmeal, and fry a 2. Every man was to gather for him-The manna typified Christ (John 6: 83, 51). As each man was to gather for himself so each one must appro- | Cottage cheese lends itself 3. The manna must be gathered especially well to salads. If This was to be done early, before serve as the main dish of the the sun was up. Christ, our manna, meal. French mayonnaise and

should be taken each day, and the first boiled dressings all go well 4. They must not gather in excess of with cheese salads. The cheese That which was in excess of the slices, it may be molded in tiny day's supply became corrupt. Christians should make use of the gifts bestowed by God. God's graces are only

of this world only those who feed upon Christ, the true manna, have dried, cannegor preserved fruits 6. Due consideration should be given two last, some highly flavored

This was to be kept as a reminder of God's favor in supplying them with cabbage should be used to add bread in the wilderness for forty years. succulence.

SALAD COMBINATIONS The study of nature is well pleasing Two cups cottage cheese, one to God, and is akin to prayer. Learn ing the laws of nature, we magnify cup pickled beets, cut up; mix the first inventor, the designer of the and add salad dressing. This world; and we learn to love him, for makes a very pretty red salad great love of God results from great Serve as crisp lettuce. knowledge.-Leonardo da Vinci. One cup chopped cabbage,

Think First Upon God. one-half cup chopped celery, custom yourself to think first upon one cup chopped apple (red God, or something in order to his serv- peeling may be left on). Add ice; and at night, also, let him close cottage cheese salad dressing and serve on lettuce leaf.

Canned pears and cottage If you miss the TIMES VIRGINIAN cheese. the local news of your county is al-

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Tommy, four, was taking his visiting

aunt for a walk. She was a little du-

bious as to where Tommy was lead-

How's This?

Cottage Cheese Recipes (Continued from page 1)

Punpkin Seed Alx Senna Bochelle Salts Anise Seed Forgarmint Bi Carbonate Soda Worm Seed Clarified Sugar Work Seed

A helpful Remedy fo

portant of all, cottage cheese ing her, so finally she questioned: heaven (vv. 4, 5). His purpose in this is more healthful than meat. was to teach them that "man doth not Compare the cost of the follow scornfully: "Do you think I've lived live by bread alone, but by every word that proceedeth out of the mouth of the mout

was given by God, but the people must | One pound of cheese, one gather it. (2) He promised to give dozen eggs, one pound of round

At the appointed time God gave the two tablespoons savory fat.

Israelites the promised food. He first allowed them to feel their need, to show that man's highest need is to be needs (Deut. 8:2, 3; Matt. 4:3, 4). He then displayed his glory, showing that he was able and willing to supply their need if they would obey him.

1. In the evening the qualis came

1. In the evening the qualis came

1. The first interpoor third, the supposition of the tablespoon salt, one quarter teaspoon pepper, one third teaspoon soda, one tablespoon finely chopped onion.

1. The evening the qualis came of the tablespoon finely chopped onion. The bread crumbs may be

Misery

Palmer, Okla., writes: delicate brown in a little fat in "From the time I entered into womanhood . . . I looked with drea COTTAGE CHEESE SALAD next. I suffered with my enough is used the salad may Nothing seemed me until, one day

nute; rice; potagoes. With the tos or green perpers, should be

to the Sabbath day (vv. 22-31). A and bright garnish, like pimien double portion was to be gathered the double portion was to be gathered the greatly relieved, but can truthfully say that I have not a pain. . . years since I took Cardui, and I am sti in good vise any woman or girl

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There's a hint. Do not recognize difficulties as obstacles, but as a means of showing your power. For instance, take the financial phase:-Are your habits stumbling blocks or stepping stones?

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te are no disputed bills—no hard feelings—

are no charges for bad accounts—

yonly the right, bed-rock price for the best of

APPOMATTOX, VIRGINIA. FEBRUARY 5, 1919. Letters From France another "Rest Camp", but the noblest cause man ever died for. The glory is all theirs.

306 Senitary Train, 324th Am- From there we caught a train Here's hoping to eat your bulance Co., to his mother, Mrs. and rode two days and nights good cooking some time during THE GRAND OLD COUNTY PHOTO on "side door Pullmans," cross- the spring of the year. T. F. Covington. Mussy sur-Seine, ing the northern part of France France, Jan. 2, 1919. -not knowing where we were From Pvt. Wylie R Dickergoing. From then on it was a son, Co. K, 58th Inf , to home Since I have the afternoon continual move until we land. folks.

"off" and since the strenuous ed on the Front, which was in hand of censorship has been the Lorraine sector. There we

ward. After leaving the states the small one.

From that sector we went to land; we passed the coast of Ireland, and let me say here Ireland is a mest beautiful country: the most picturesque hills you ever saw. The next

land we saw was the longheard of Scotiand, and I confess that it is next to Ireland in its mag war in the first degree.

Ine alternool of our landing go to so many parties over there and I have nardly been out of vah, Va.

A wee visitor was welcomed at the home of Mr. and Mrs. C

Practice in the Courts of Nelson.

of Scottand, and I confess that it is next to freland in its mag uffecent scenery; we could see many houses as we passed along the coast. They have beautiful farms and we thought we could see people tilling the soil; not because and the battle never cased and the battle never cased and the battle never face the coast. They have beautiful farms and we thought we could see people tilling the soil; not because and the battle never face and destroyers, also an observation ballon. If I am not mistaken, on the following an injent we landse in an English; port, anchored in the Mersey river, stayed on the ship until the boat 2:30 p. m. the following day.

Well, I suppose y on a rewording if got sea-aick during the very long.

Well, I suppose y on a rewording if got sea-aick during the tossing waters. To be frank with the first digress the tossing waters. To be frank with you I did. For about forty-sight hours out we boys felt fine and really commented upon the fact that none of the week gond in the work of the coar club.

Mannah and the first degree.

How is Hut, getting along at the home of Mrs and Mrs. O. We well by now and will be a real the home of Mrs. O. We Barrel, of this place, on well by now and will be a real theathy boy by the time I death the home of my well by now and will be a real theathy boy by the time I death the home of Mrs. O. We Barrel, of this place I was charged to the fact that none of the west to an eliminate to this:

Well, I suppose y on a rewording if got sea-aick during the well will be a real to the done of Mrs. On Friday night last a dance one time I was caught the work by the enemy, for four long hours my Order felt fine and really commented upon the fact that none of the west form the first degree.

Mannah I meeting along the fact that none of the west will be a real to be a fact the home of Mrs. On Friday night last a dance one time I was eaught to the correct the first because of the correct of Appointation, Well and the court of the well and the hat the same ware in death to the one

went a different route each "pack up" for our homeward sage until I get back.

But soon after two days out we began to change our mind; a great number of the boys were growing sick, and soon I began to feel i little dizzy and ore long I was "feeding the fish"; just like a good fellow and kept it up for two or three days; at times it seemed as if I were sick enough to die; didn't eat a solitary thing for about three days, but after about three days, but after about three days, but after about three days time I was feeling better and soon we were all as gay as me aver. Saw one his isolate on the pensive or think of the statement he made. It seemed as if the made. It seemed as if the made. It seemed as if the shells san; all kinds of doleful songs around my head. Soon the pensive cry of man killing son the pensive cry of man killing as well as a continuous one. I don't suppose it would be fair to say I was scared; but at times it seemed as if I were sick enough to die; didn't eat a solitary thing for about three days time I felt wonderfully funny. I was very fortunate indeed, for did not receive a single in jury. I hardly see how I came a tell him to write to an old song saround my head. Soon the pensive cry of man killing as well as a continuous one. I don't suppose it would be fair to say I was scared; but at times it felt wonderfully funny. I was very fortunate indeed, for did not receive a single in jury. I hardly see how I came a soon, Inf., U S. A.

From Pvt. Samuel A. Dickerson, Inf., U S. A.

Germany,

Dec. 18, 1918.

Dearest Mother and Ali:

Was ore bit indeeding the fish"

Mrs. J. M. Seward and baby who have been sick with influence and triend sometimes.

From Pvt. Samuel A. Dickerson, Inf., U S. A.

Bells san; all kinds of doleful and tell him to write to an old friend sometimes.

From Pvt. Samuel A. Dickerson, I was very fortunate indeed, for did not receive a single in jury. I hardly see how I came a tell him to write to an old who have been sick with influence are improving.

From Pvt. Samuel A. Dickerson, I was over, I was very fortunate indeed, for did not receive a single in

many flying fish—small ones of Soon after the war ceased the are still living, truly hope you The homes of Messrs. T. B Joy, real large swimming fish
We got off the ship in Liver

The nomes of messers. 1. B Joy, C. D. Brewer, the Front began and soon we of Hutson every night and last and Henry Williamson are copper, rags, dry bones, pool and paraded the city; the people were very glad to see us and cheered much. We paraded continued for about three weeks my dream may be true Wylie burn plantbeds and plow a Liverpool hurridly and soon we were hiking and carrying has began to fatten, his jaw little around here. left by rail Passed through full equipment too. Not a word has swollen.

We stayed in England about a day.

went by the way of South over the fact that many of my

taking long hikes and detail France. for anything you do not getgave us more pleasure than clad, but our happiest day will again.

hand of censorship has been lifted to a certain extent, I shall tell you of some of my experi ences which I have come in contact with since leaving the best to relieve tact with since leaving the best tact with since leaving the leaving taction. There we saw our first active service.

My dear Mother and All:

I will take great pleasure in who has been sick is now better.

Roy Buckner, of Penniman, Mr. Stimpson, is living at the this notice means that your parsonage here, Mrs Stimpson time is out. Renew at once,

Dec. 29, 1918

she does not continue to im W. A. MOSES

hills you ever saw. The next The afternoon of our landing go to so many parties over there has accepted a call near Nine CLARENCE J. CAMPBELL.

soon we were all as gay as ever. Saw one big iceberg and many flying fish—small ones ones.

Dec. 18, 1918. day, but there was a small congress Mother and All:

I will try and write you a of so much flu. There are about few lines to let you know we Dec. 18, 1918. day, but there was a small con- Main Offices at Scottsville, Va.

Birmingham, Derby, etc. England is a beautiful country—

land is a land is a beautiful country—
everything seemed to be uniform; even the houses and
farms are uniform. The farms

our closest companions were Don't forget Mother that the the sweet scented goat, or the third of Dec. 1918, at five farming are down with flu.

In the past gotten settled granddaughter, Mrs. Tom Joy, at Morris church Most of the third of Dec. 1918, at five farming are down with flu.

Mrs. Sallie B. Cawthorn is seem to be in sections and sur. soled by the fact that we were on German soil and now we spending some time with her rounded by stone walls, which are very attractive.

We are now located in a located called "Rest Camp"; but we pretty good town by the name I don't know when we will N. at Hampton Roads, Va.,

didn't consider it so, for the of Mussy sue Seine, on the be home, but hope sometime spent last Thursday p. m. with most of our time was spent in Seine river, the largest river in soen. When ever you hear of his cousin, Mr. Samuel H. 4th division coming, then you Williamson. work. But really those hikes We are pretty well fed and may know that I am near home Several from around here Foxes, Skunks, Minks, Rabbit sold tobacco on Lynchburg, Hides. In fact, all kinds of Furs one might think. We usually be when we receive orders to You must save me some sau Brookneal, Drakes Branch and and Hides at the Highest Market Appointtox markets and all time and saw much of interest. journey may time speed that Well, as news is scarce I reported about the same prices. Check sent same day shipments will close for this time, hoping All being very well satisfied. are received. No Commissions week and then left for France; Mother, I feel much grieved to be home soon. I am, as ever. Mrs. Maggie Williamson and charged. Write for latest price list son, Samuel, spent last Thurs- and free shipping tags. Ship to day p. m. with Mr. and Mrs.

Hampton; passed the home of Priscilla, which is spoken of in their own precious lives on the the Courtship of Miles Sandish; plains of Flanders and France.

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